



# WHAT FOODS SHOULD I KEEP ON HAND TO MAINTAIN A HEALTHY IMMUNE SYSTEM

## FRUITS & VEGETABLES

FRESH	FROZEN	CANNED	DRIED
Oranges	Peas	Pineapple	Dried Raisins
Lemons	Green Beans	Tomatoes	Cranberries
Limes	Spinach	Sauces	Cherries
Apples	Cauliflower	Tropical Fruit	
Broccoli	Broccoli	Mandarin Oranges	
Carrots			
Winter Squash			
Potatoes			



## PROTEINS

- Beef
- Poultry
- Fish
- Other Meats
- Nuts & Seeds
- Nut & Seed Butters
- Dried Lentils
- Canned Beans
- Eggs
- Canned Tuna

## VITAMIN D

- Milk
- Cheese
- Dried Milk
- Packaged Milk
- Sardines
- Eggs

## GRAINS

Brown Rice	Pasta Noodles	Bagels
Rolled Oats	Quinoa	Tortillas
Spaghetti	Amaranth	Masa/
	Whole Grain Bread	Corn Meal